

I would be happy to share my experiences with quitting smoking.

I am currently over a year nicotine free, but I did not do it with the ecig. About two years ago I switched to the ecig. I started at 36mg/ml nicotine and slowly tapered my level down. I use 36mg until it was half a bottle then add half of the 24 mg solution to top it off (giving me a level of 30mg) then when that was gone I would go to the remaining 24 mg bottle. I did this until I got to 0 mg about 6 months later. What I found was that was the hardest time and relapse was high. I think the level didn't matter since I could still take as many puffs as I needed to get my bloods level up and feel better. At 0mg I was in a constant struggle of going up and down in levels. I went from 0 back to 12 in about a week because the withdrawal was so great.

I am proud to let you know that I did quit, however I used a group, patches, and gum and currently I am 14 months without a cigarette and I have also become a TTS.

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